

amazon basics B07DWHL1N4 Wood Wobble Balance Board



amazon basics B07DWHL1N4 Wood Wobble Balance Board User Guide

[Home](#) » [amazon basics](#) » amazon basics B07DWHL1N4 Wood Wobble Balance Board User Guide 

Contents

- [1 amazon basics B07DWHL1N4 Wood Wobble Balance Board](#)
- [2 IMPORTANT SAFEGUARDS](#)
- [3 Before First Use](#)
- [4 HOW TO USE](#)
- [5 Cleaning and Maintenance](#)
- [6 Specifications](#)
- [7 Importer Information](#)
- [8 Feedback and Help](#)
- [9 Documents / Resources](#)
 - [9.1 References](#)



amazon basics B07DWHL1N4 Wood Wobble Balance Board



IMPORTANT SAFEGUARDS

Read these instructions carefully and retain them for future use. If this product is passed to a third party, then these instructions must be included.

When using the product, basic safety precautions should always be followed to reduce the risk of injury including the following:

- The product is intended exclusively for use in dry indoor spaces.
- The product is designed for private, home use (class H) and is not intended for commercial use.
- The product is not intended for therapeutic purposes.
- Keep the product out of the reach of children. Do not leave children alone with the product unsupervised. After each use, store the product so that children may not use it unsupervised.
- Before each use, check the product for damage and wear. Do not use the product if it exhibits visible signs of damage.
- Wear comfortable clothing and non-slip sneakers for training.
- Before training, do several stretching exercises without the product. Begin the exercises slowly and increase the intensity gradually. Improper use of the product and excessive training can be harmful to health. Do not overdo it and do not overestimate yourself.
- If you belong to a health risk group, consult your physician before using the product. Coordinate your training program with your physician if necessary.
- Pregnant women may not use the product or should only use the product after consulting a physician.
- Interrupt training immediately if you feel weak or dizzy. In the event of nausea, chest pains or aching limbs, heart palpitations or other symptoms, contact your physician immediately.
- If you have not exercised for a prolonged period, or have heart, circulatory or orthopedic problems, consult a

physician before beginning your training program.

- Before training, make sure that there is at least 5 ft (1.5 m) of unobstructed space on all sides and that no other persons are in the direct vicinity. There should also be no furniture in the direct vicinity as they could get damaged.
- Make sure there is sufficient air supply during training, but avoid drafts.
- To avoid slipping, use the product only on non-slip dry surfaces. Do not use the product on a wet or smooth surface.
- Do not jump on the product directly with both feet. Jumping on the product increases the risk of falling.

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY.

Before First Use

Check for transport damages.

DANGER Risk of suffocation!

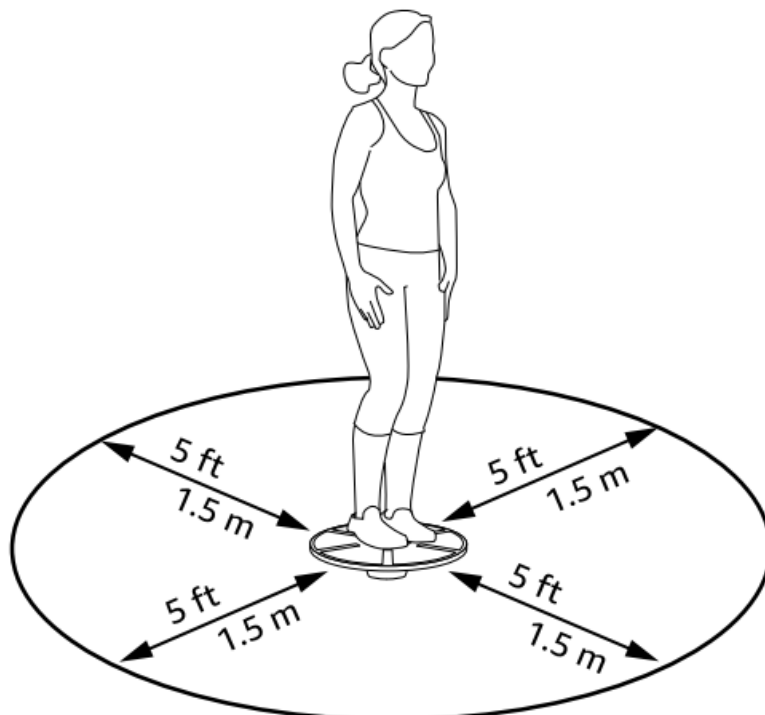
Keep any packaging materials away from children – these materials are a potential source of danger, e.g. suffocation.

Intended Use

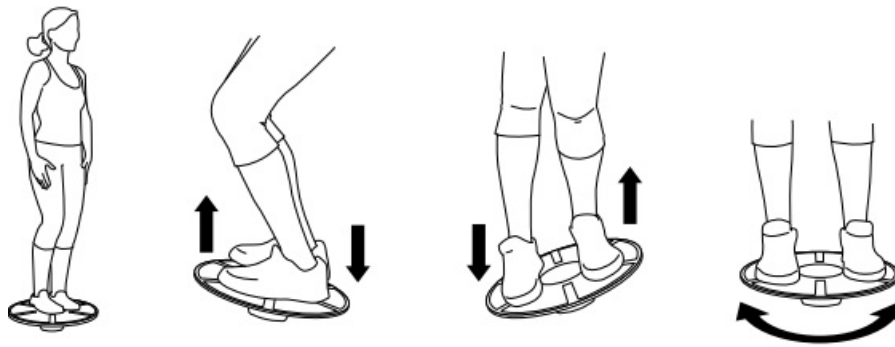
- This product is intended to help the user to improve core strength, and posture, enhance coordination, sense of balance and visual sense. It is ideal to strengthen the targeted muscles, ligaments, tendons and joints.
- Use the product for its intended purpose only.

HOW TO USE

- **Safety and Training Zone:** min. 5 ft (1.5 m)

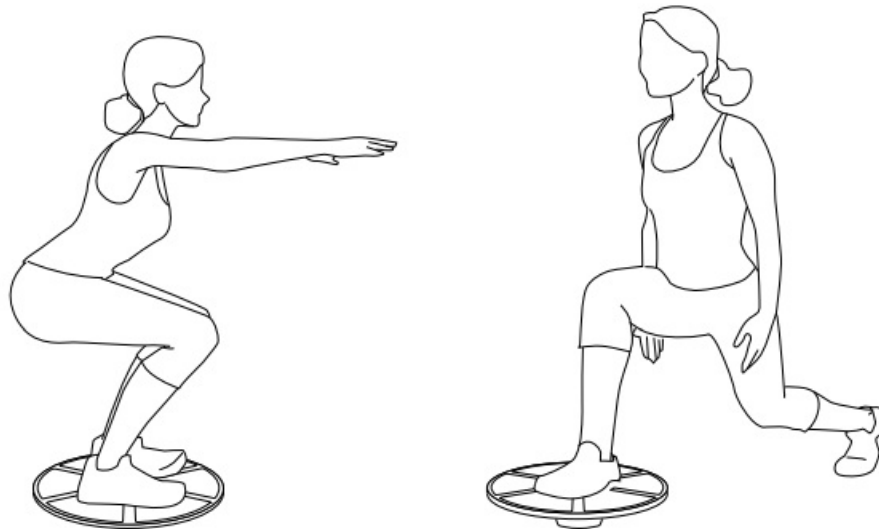


- **Exercises:** Beginner

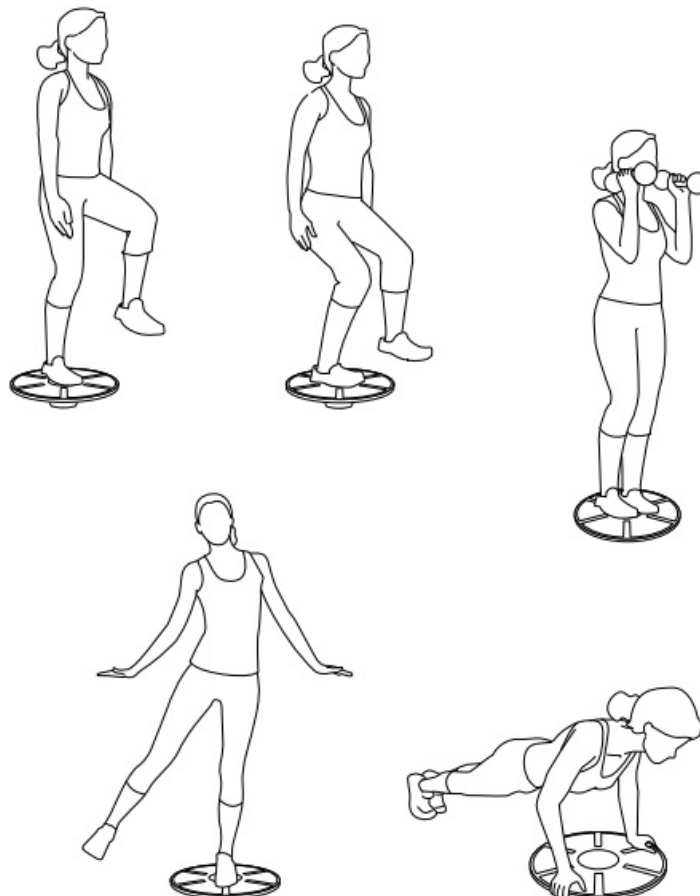


NOTICE Place the product on a stable, level surface only. Warm up and stretch for about 3-5 minutes before starting with the exercises.

- **Exercises:** Intermediate



- **Exercises:** Advanced



Cleaning and Maintenance

- To clean, wipe with a soft, slightly moist cloth. Use a brush to clean the rough surface.
- Never use corrosive detergents, wire brushes, abrasive scourers, metal or sharp utensils to clean the product.
- Store in a cool and dry place away from children and pets, ideally in original packaging.

Specifications

- **Product dimensions (O x H):** approx. 15.75 x 3.15 in (40 x 8 cm)
- **Product weight:** approx. 2.87 lb (1.3 kg)
- **Maximum user body weight:** 265 lb (120 kg)

Importer Information

	For UK
Postal:	Amazon EU SARL, UK Branch, 1 Principal Place, Worship St, London EC2A 2FA, United Kingdom
Business Reg.:	BR017427

	For EU
Postal:	Amazon EU S.à r.l., 38 avenue John F. Kennedy, L-1855 Luxembourg
Business Reg.:	134248

Feedback and Help

We would love to hear your feedback. To ensure we are providing the best customer experience possible, please consider writing a customer review.

Scan QR Code below with your phone camera or QR reader:



US:

UK: amazon.co.uk/review/review-your-purchases#

If you need help with your Amazon Basics product, please use the website or number below.

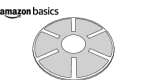
US: amazon.com/gp/help/customer/contact-us

UK: amazon.co.uk/gp/help/customer/contact-us

+1 877-485-0385 (US Phone Number)

amazon.com/AmazonBasics

Documents / Resources

 <p>Wood Wobble Balance Board Plaque d'équilibre à oscillation en bois Tablero de equilibrio con oscilación Tafel des Gleichgewichts aus Holz Tavola de Equilíbrio de Madeira Tavola de Equilíbrio Balançadeira de Madeira Balançadeira de Madeira Balançadeira de Madeira Balançadeira de Madeira</p> <table border="1"><tr><td>Page 2</td><td>24</td></tr><tr><td>Page 6</td><td>28</td></tr><tr><td>Page 10</td><td>32</td></tr><tr><td>Page 14</td><td>36</td></tr><tr><td>Page 17</td><td>40</td></tr><tr><td>Page 20</td><td>43</td></tr></table>	Page 2	24	Page 6	28	Page 10	32	Page 14	36	Page 17	40	Page 20	43	<p>amazon basics B07DWHL1N4 Wood Wobble Balance Board [pdf] User Guide B07DWHL1N4 Wood Wobble Balance Board, B07DWHL1N4, Wood Wobble Balance Board, Wobble Balance Board, Balance Board, Board</p>
Page 2	24												
Page 6	28												
Page 10	32												
Page 14	36												
Page 17	40												
Page 20	43												

References

- [User Manual](#)

[Manuals+](#), [Privacy Policy](#)

This website is an independent publication and is neither affiliated with nor endorsed by any of the trademark owners. The "Bluetooth®" word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. The "Wi-Fi®" word mark and logos are registered trademarks owned by the Wi-Fi Alliance. Any use of these marks on this website does not imply any affiliation with or endorsement.